

#### ABSTRACT

The present invention is aimed at providing FRP formed by integrating a fiber reinforcing material and a non-woven fabric, and having excellent shaping ability, impact resistance after molding, and excellent reliability and low cost.

The aim of the present invention is achieved by a complex fiber reinforcing material including a sheet-shaped fiber reinforcing material composed of reinforcing fibers, and a non-woven fabric laminated on at least one side of the fiber reinforcing material, wherein the fibers constituting the non-woven fabric pass through the fiber reinforcing material to integrate the non-woven fabric with the fiber reinforcing material.